Ten heart-healthy steps

1. Learn about the risks, signs and symptoms of heart disease, and share the information with your family, coworkers and community.

2. Know your numbers – cholesterol, blood pressure, blood sugar, blood fat, BMI and waist size.

3. Adopt a heart-healthy lifestyle:
   - Get at least 150 minutes of physical activity each week
   - Follow a heart-healthy diet and manage your weight (visit choosemyplate.gov to get started)

4. Eat a diet lower in sodium.

5. Know the importance of calling 911 if you experience any of the warning signs or symptoms of a heart attack or stroke. Don’t ignore your symptoms, don’t delay, don’t ask a friend to drive you and don’t drive yourself.

6. Seek out reputable heart-health resources for women like the UC Davis Women’s Cardiovascular Medicine Program and The Heart Truth® campaign from the National Institutes of Health.

7. Stay informed – see our educational resources and downloadable materials.

8. Wear The Red Dress® pin and spread its message: Heart Disease Doesn’t Care What you Wear – It’s the Number One Killer of Women®

9. Help fight heart disease by educating other women about its risk and by participating in heart-disease education and prevention efforts.

10. Make a contribution to the UC Davis Women’s Cardiovascular Medicine Program and support heart care, education and research that benefit women in our region and beyond.

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